

MOVE! What are the Types of Fat?

All naturally occurring fats are a blend of fatty acids. Fats are classified by their predominant type of fatty acid. Choose foods with the least saturated fatty acids.

Monounsaturated



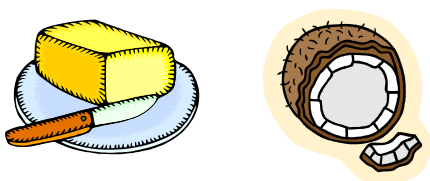
Canola, olive, nut and peanut oils (Use these fats for cooking.); peanuts; nuts; avocado; olives

Polyunsaturated



Most vegetable oils (corn, cottonseed, flaxseed, safflower, sesame, soybean, sunflower), nuts, peanuts, seafood

Saturated



Animal sources such as meat, poultry, butter, lard, whole and reduced fat dairy products; tropical oils - coconut, palm and palm kernel

Solid at room temperature

Hydrogenated Fats



Many fats used in processed foods, "partially hydrogenated vegetable oil", shortening

(A liquid vegetable oil is changed to a solid fat by a chemical process.)

*May be labeled as trans fat

Cholesterol

Only food and beverages of animal origin - dairy products, eggs, fish, meat, and poultry